

# Al-Anon

## Family Groups

Cape Area  
Loner's Newsletter

June 2021

### Have You Heard the One About the Mom, the Minister, and the Alcoholic's Wife?

*By - Cathy C., Oregon*

In a drunken rage, my husband pointed the gun at me this time. I was so distressed. What would happen to me next time? I was so scared! After he passed out, I packed my suitcase and left. I told my parents about what happened and asked if I could visit for the upcoming weekend. They said yes. My mom set up an appointment with her minister.

We met with him on Saturday afternoon. He listened attentively and patiently as I poured out stories about the most recent disaster and the last six years of drunken rages, pain, and disappointment. My mom was so sad that I had been living under these conditions.

The minister pulled out a letter he had received from one of his parishioners and read it to us. It was a letter full of gratitude because the woman had been desperate like me, and the minister had recommended she try Al-Anon - and she did! The woman described finding hope and real answers about how to deal with an alcoholic. Her problem had been her obsession with the behavior of the alcoholic. Life was so much better for her because of all the things she learned in Al-Anon. She explained that she didn't cause the drinking, she couldn't control the drinking, and she couldn't cure the drinking. She was so grateful that the minister had recommended Al-Anon because her life had become her own, not the alcoholic's.

I was amazed at the woman's transformation. I identified so completely with her story of

hopelessness. I promised the minister that I would call Al-Anon as soon as I could. Was there hope for me too? I thanked the minister, and my mom and I left.

The following Monday, I called Al-Anon and attended my first meeting that night. The topic was "responsibility." I had taken all the responsibility! I remembered the new idea I'd heard in the woman's letter: I can't control the alcoholic. A whole room full of people at that meeting shared how they were learning to give up control and just handle their own responsibilities. This was revolutionary information to me! The group invited me to take one of each pamphlet from their literature table. I also purchased the book *The Dilemma of the Alcoholic Marriage* (B-4).

That night I began by reading the pamphlets *So You Love an Alcoholic* (P-14) and *Three Views of Al-Anon - Alcoholics Speak to the Family* (P-15), and I cried because I identified with them so much. I also identified completely with *Alcoholism, a Merry-Go-Round Named Denial* (P-3). Al-Anon was the place for me. There was, and is, hope and help for me here in Al-Anon. I will be forever grateful to my mom's minister for recommending Al-Anon to me. It has given me an amazing program and made me a much happier and more self-confident person.

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**The Loners letters from all areas can be found on our website**

**<https://www.alanon.org.za/members-newsletters/>**

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# The Difference a Year Makes.

*By - Jonathan M., South Carolina .*

This time last year, my life was unmanageable despite my alcoholic relative having almost two years of sobriety and being active in recovery. I was filled with anger, resentment, and confusion. I tried at all costs to bring about outcomes that I thought were best. I was operating on Jonathan's power.

As I've heard, "our best thinking" gets us to Al-Anon, and that was true for me. My low point was when I imagined receiving the family newsletter from my son's treatment program; there would be pictures of families and stories of family recovery. I didn't have that. If anything, I was trying to tell everyone else how to live their lives. In the end, I couldn't stand to be with myself anymore. That's when I felt led to Al-Anon.

At my first meeting, all I could think about was how I could get the people in my life to do what I wanted, and that included getting my son to return home. I thought to myself, "If these people really knew

what I was thinking, they would ask me to leave."

After the meeting, someone reached out to me. I unloaded about all my troubles - "People aren't listening to me," I complained, and "Why can't my son come home?" This person - who is my Sponsor today—asked me what my motivation was for my son to come home. I had no answer. He explained that Al-Anon is about my disease and my recovery.

Fast forward a year, and I am now grateful for the community of Al-Anon. I have a Sponsor, a home group, and I am working the Steps. This program is truly a gift. It hasn't always been easy, but I can tell you it's been worth it. I have learned and grown so much. Most importantly, I have learned that I am not alone, and I have learned how to love the alcoholics in my life.

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## Literature

Please contact the office Mon - Fri between 9am and 1pm, and they will be happy to recommend Al-Anon books and pamphlets that meet your needs...

## Just for today . . .

- I'll focus on possibilities, not on setbacks . . .
- I'll rejoice that people share this world with me . . .
- I'll make an effort to listen to those who speak to me . . .

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Our expenses are met by voluntary contributions. If you would like to send a donation our bank details are:

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